# GHB

# What is GHB?

- **GHB, or Gamma Hydroxlbuteric Acid, is a central nervous system depressant that sometimes causes hallucinations.**
- **Also known as a *date rape* drug because of its association with sexual assaults.**
- **Usually found as a clear liquid with a slight salty taste.**

# Learning Objectives

- Identify the chemical name for GHB.
- Identify the effects GHB can have on the human body.

# What is GHB?

GHB is usally clear. Many users add food coloring or mix the drug in orange or other juice or a bottle of water.
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- GHB is often sold by capful or teaspoon and consumed orally.
- Each dose appx. $5-$10 and is 1-5 grams.
- Also known as Georgia Home Boy, Liquid X, Goop and Grievous Bodily Harm.
- Schedule I Substance in the United States.

# History of GHB

**1960s – GHB is developed as an anesthetic.**

**1980s – GHB can be bought in health food stores and use begins to rise amongst body builders.**

**1990 – FDA bans over the counter sale of the drug through out the United States.**

**1997-99 – Several states and countries pass laws to control the sale and consumption of GHB.**

# How is GHB Used?

- GHB is almost always consumed orally.
- Sometimes mixed with sweet or strong alcoholic drinks.
- Onset of the effects occur approximately one hour after ingestion.
- Effects of GHB can be felt for up to six hours.

# Effects of GHB – Low Dosage

**Low, or recreational, doses are considered to be 1-2 capfuls by users. Low doses of GHB can cause:**

- **Hypnotic Consciousness**
- **Relaxation**
- **Reduced Inhibitions**
- **Decreased Motor Skills**
- **Mild dizziness**
- **Nausea**
- **Lowered Blood Pressure**
- **Lowered Heart Rate**

# Effects of GHB – High Dosage

**High doses are considered to be 3-4 capfuls by users. The effects of high doses have been compared to those of extremely heavy drinking:**

- **Slurred Speech**
- **Nausea / Vomiting**
- **Vertigo**
- **Hallucinations**
- **Respiratory Distress**
- **Amnesia**
- **Seizures**
- **Coma / Death**

# GHB Testing in the Army

- GHB is detectable in urine for approxiametely 24 hours after consumption.
- The Army DOES NOT test for GHB on a regular basis.
- Contact your local ASAP for assistance and guidance regarding testing for GHB as special procedures MUST be followed.
- The illegal use of GHB or any drug goes against Soldiers Values and Warrior Pride.

# Additional Information

**Additional information on GHB can be found by contacting the Army Substance Abuse Program or by visiting www.acsap.army.mil.**

# WARRIOR

**P**ersonal Courage: Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

**R**espect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

**I**ntegrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

**D**uty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

**E**xcellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!